

## Health Psychology

- I. Historical context
  - A. Health as seen by the medical model versus the biopsychosocial model
  
- II. Factors that can decrease health
  - A. Stress
    - 1. Definition
    - 2. Effect of major stressors on health
      - a. How major stressors are measured
      - b. What the cold study tells us about major stressors and health
    - 3. Effect of daily hassles
      - a. What the wound study tells us about daily hassles and health
    - 4. How stress affects health
  
- III. Factors that can improve health
  - A. Social support
    - 1. Buffering hypothesis
    - 2. Direct effects hypothesis
  - B. Perceived control
    - 1. Nursing home studies
    - 2. Surgical interventions
    - 3. Possible negative consequences of perceived control
  
- IV. How do we change attitudes for health-related behaviors?
  - A. What is a detection behavior?
  - B. What is a prevention behavior?
  - C. What is better, gain or loss framing?
  
- V. Class wrap-up